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WHO'S THE RICHIE RICH-IEST OF THEM ALL?

THIS GUY! BILL GATES IS BACK ON TOP OF THE LIST OF THE WORLD'S RICHEST PEOPLE PAGE 14

In-flight slight has pilot fuming

WestJet. Passenger's sexist note claims the helm of a plane is 'no place for a woman'

JEREMY NOLAIS
Metro in Calgary

Sexist remarks about a female pilot left on a passenger's napkin aboard a Calgary flight bound for Victoria Sunday have prompted a heated response from the seasoned flier herself.

Carrie Steacy, a pilot of 17 years who currently works for WestJet, said she was "shocked" when alerted to the message left by someone named "David," who was believed to have been seated in 12E aboard Flight No. 463.

David wrote that the cockpit of an airplane is "no place for a woman," and asked that WestJet alert him the next time "a fair lady is at the helm, so (he) can book another flight!"

Steacy didn't take the comments lying down, posting a heated response on her Facebook page that instantly generated hundreds of reposts and comments.

A pilot taxis a WestJet Boeing 737-700 plane to a gate after arriving at Vancouver International Airport in February. Surrey resident and WestJet pilot Carrie Steacy got quite the shock when a passenger left a note saying women have no business flying planes. DARRYL DYCK/THE CANADIAN PRESS

"I respectfully disagree with your opinion that the 'cockpit' (we now call it the flight deck as no cocks are required) is no place for a lady," she said. "In fact, there are no places that are not for ladies anymore."

Steacy also indicated the same passenger had questioned flight attendants about whether she had an adequate number of flight hours. Reached at her home in Surrey on Monday, Steacy said she'd never previously encountered such rude remarks from a passenger.

"I just couldn't believe there are still people in this country that think like that," she told Metro. "It just shocked me."

WestJet was also quick to denounce the comments.

"We take enormous pride in the professionalism, skills and expertise of our pilots and this note is very disappointing," spokesperson Robert Palmer said in an emailed statement.

The note shocked many online Monday, but it didn't surprise B.C. pilot Kirsten Brazier, founder of the event The Sky's No Limit — Girls Fly Too!

Less than six per cent of commercial pilots are women, so most people have always seen men flying airplanes, Brazier said.

"Anytime people see something that's not what they're used to, there's some resentment there," she said.

Female pilots "get all kinds of dumb comments from all kinds of people," but this doesn't bother Brazier, whose philosophy is to get the job done well.

Yet the perception that only men fly planes can stop girls from considering a career in the lucrative field, an attitude Brazier hopes to combat with her event in celebration of the Women of Aviation Worldwide Week.

Taking place at the Langley Regional Airport this weekend, it offers women and girls who have never flown free rides in helicopters to spark their interest in the aviation and aerospace industries.

WITH FILES FROM EMILY JACKSON

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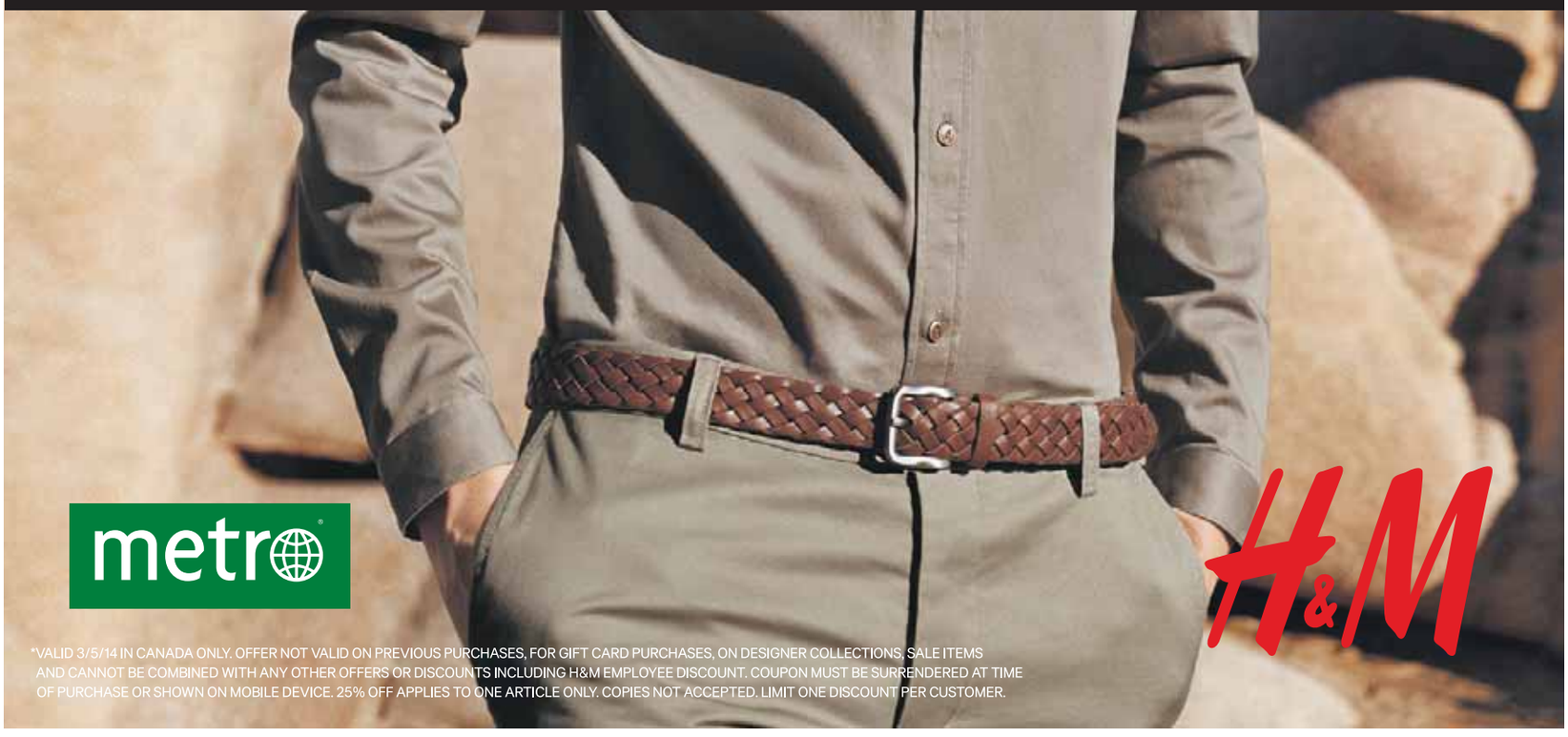

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Impaired driving

Court upholds instant roadside suspensions

The B.C. Appeal Court has refused to water down the province's tough drunk-driving laws that allow for heavy fines, penalties and immediate roadside suspensions.

The unanimous decision by the three-judge panel ends a four-year debate over rules that the government says saves lives but are condemned as unconstitutional by civil-liberties advocates.

The case involves six motorists who challenged their immediate 90-day roadside prohibitions after either blowing a "fail" or refusing to provide a breath sample.

The B.C. Civil Liberties Association, an intervener in the case, argued that the drivers should be presumed innocent until proven guilty.

But in the ruling released Monday, Justice Catherine Anne Ryan said the impaired-driving laws do not concern criminal matters, so the right to be presumed innocent doesn't apply.

"The legislation does not supplant the Criminal Code; its purpose and effect is to regulate highways and enhance public safety," Ryan said in a written decision.

Ryan agreed with a 2011 B.C. Supreme Court ruling. In that decision, Justice Jon Sigurdson said a driving prohibition is the removal of a privilege aimed at preventing future harm, rather than at addressing a wrong to society — therefore, it is not criminal in nature.

THE CANADIAN PRESS

Godsends or devil's tools? Health officials say e-cigarettes should be avoided, while proponents say they're a good alternative to tobacco. CHRISTOPHER FURLONG/GETTY IMAGES

E-cigs need to butt out of schools: VSB

Ban proposed. Science doesn't support claims that they're a safe aid for smokers: Physician

SAM SMITH
vancouver@metronews.ca

Electronic cigarettes have no place in schools, according to the Vancouver School Board — and if they have their way, e-cigs will be out before the end of next week.

"They often are marketed as being safe to use anywhere," said VSB chair Patti Bacchus. "So we have a request from Vancouver Coastal Health to come out very specifically with a ban."

While Bacchus says e-cigarettes haven't gotten out of control at their schools, she says there have been students showing up with them.

E-cigarettes that contain nicotine are banned by Health Canada, but many local stores and Internet sites make them fairly easy to purchase.

They resemble regular cigarettes but are battery-operated and contain a liquid-filled cartridge. The device vaporizes the liquid, creating the appearance of smoke.

Some companies have marketed e-cigs as an alternative to smoking, much like nicotine patches or chewing gum, but the science doesn't support the message, according to addictions physician Dr. Milan Khara.

Law lags behind

E-cigarettes operate in a legal grey area, as they don't fall under traditional smoking laws.

"It's a contentious area," Khara said. "There's a number of studies now with no consensus."

Certain studies show the vapours contain metals such as copper, tin and aluminum, which are dangerous if inhaled, according to Khara.

"There's also this claim that they are helpful in supporting people to quit smoking cigarettes," Khara said. "This is one that's not really supported by evidence."

While Khara does believe e-cigs are not as bad as traditional ones, that doesn't mean they're harmless.

"When you have another product that comes along which really mimics smoking behaviour very closely, we do have a concern that there'll be a re-normalization of smoking behaviours," he said.

"This may increase the prevalence of smoking in general, which we've tried so hard to de-normalize."

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Consensus is N-O to GMOs: Poll

56% would support countrywide ban.
Survey shows genetically modified foods not popular among British Columbians

MATT KIELTYKA
matt.kieltyka@metronews.ca

The majority of British Columbians have a "negative" opinion on genetically modified food, according to a new survey.

Insights West found that 66 per cent of British Columbians think negatively of GMOs (genetically modified organisms) while 56 per cent would support implementing a ban on genetically modified foods in Canada.

Although GMOs on store shelves have been granted federal approval and organizations such as Vancouver Coastal Health have declared that "there is no evidence they pose any risk to human health," municipalities such as Richmond have banned the production of genetically engineered crops on its farms (though three GMO corn farms continue to operate under exemptions).

In fact, the Union of B.C. Municipalities passed a resolution last year calling on the province to declare B.C. "GE Free," though not without considerable debate within its ranks.

Richmond Coun. Harold Steves, who hails from a long line of farmers, believes people are right to question GMO practices.

While the potential of long-term health effects are hotly contested and debated, Steves said strong pesticides and herbicides sprayed on modified foods pose an immediate risk.

"Because they're engineered to resist them, it allows poison to be put directly on our food," he said. "A lot of people have the same concerns."

Though the city is powerless to regulate GMO farms and products, a federal responsibility, Steves believes Richmond's ban against selling GMO seeds would hold up in court.

British Columbians have a negative opinion of GMO foods, according to a new study. SCOTT OLSON/GETTY IMAGES

The city won a similar court challenge contesting its ban on selling dogs in pet stores, which was the first ban of its kind in Canada at the time.

"So far we haven't seen any legal action, but we've been taken to court before and we won," he said.

The Insights West survey was conducted online Jan. 7-9 and included 712 B.C. adults.

The margin of error is +/- 3.6 percentage points, 19 times out of 20.

Langley sales ban pitched to fix trouble with turtles

The western painted turtle is an endangered species, and the only turtle native to B.C. FACEBOOK/COASTAL PAINTED TURTLE PROJECT

A wildlife biologist is requesting a ban on turtle sales at Langley pet stores because they are being released into the wild and competing with B.C. native turtles.

However, a UBC ecology professor says the invasive turtles are such a widespread problem, a ban on the pets won't make a difference.

Andrea Gielens was expected to appear at a City of Langley council meeting on Monday night on behalf of the Coastal Painted Turtle Project in hopes that a bylaw could spur neighbouring municipalities into action.

"Abbotsford said they weren't going to do it unless the surrounding area did it," Gielens told Metro earlier Monday, adding that the red-eared slider turtle, a species most commonly sold at pet stores, is an invasive species.

"They're kind of like monsters," said Mike Hopcroft, owner of The Reptile Guy animal rescue centre in Abbotsford.

Hopcroft sees sliders in his centre every week and while he's typically against animal sale bans, he fully supports Gielens request to city council. He considers the red-eared sliders "pests" that are invading the homes of B.C.'s native turtles, the western painted turtles.

Across the province

- **Turtle sale bans:** Vancouver, West Vancouver, Burnaby, Surrey and Maple Ridge
- **Gielens is looking next to approach city council in:** Surrey (update of the ban), Coquitlam, Delta, Abbotsford

UBC professor John Richardson said that a ban is a good idea to garner public attention on the issue but wouldn't get rid of the current problem.

"It's impossible to catch them all," he said.

Aside from Gielens' incident with Abbotsford city council last summer, she's received little pushback from the ban.

The main issue, she said, is the lack of information on the care and life of a pet turtle.

A female turtle, for example, can weigh up to 10 grams as a baby but, once fully grown, can weigh two kilos. They can also live up to 50 years old, she said.

Bylaws for the ban of the sale of the turtles are already in place in Vancouver, West Vancouver, Burnaby, Surrey and Maple Ridge.

KAYLA ISOMURA/FOR METRO

Vancouver-West End

Man charged in alleged homophobic assault at MLA office

A 53-year-old Vancouver man is now facing charges in connection with an alleged homophobic assault at Spencer Herbert Chandra's MLA office last month.

Vancouver police announced Monday that Michael Melvin Williams has been charged with assault and mischief under $5,000 for the incident, and will make his next court appearance April 4.

The Vancouver-West End MLA released a statement Feb. 25 alleging that one of his assistants was physically assaulted in his office by an irate constituent angry about the rainbow flag that flies at a nearby community centre and the rainbow flag in Chandra Herbert's office.

Williams is also accused of punching a hole through a door in the office.

Police said at the time they were investigating the incident as a hate crime.

MATT KIELTYKA/METRO

Recommendations

Accidental 911 calls put heavy burden on call centre

Pocket dialing, children playing with phones and people simply hanging up are taking up to 10 hours a day for staff to handle, according to a report from E-Comm, an emergency communications centre.

The company estimates it handles 200 accidental calls per day, most of them pocket dials.

To avoid these problems E-Comm recommends locking and storing your phone properly, not programming 911 into your phone, and, if you do pocket dial, staying on the line and saying it was an accident.

SAM SMITH/FOR METRO

Second conviction

Vancouver Island whale watcher guilty of watching orcas too close

A man has been fined $6,000 and banned from the whale-watching industry for 10 years after being found guilty of disturbing killer whales north of Campbell River.

Jason Allan Smith, now a former skipper of a commercial whale watching company, was convicted from an incident on Aug. 10, 2010, when he led a boat too close to a pod of orcas for an extended period of time.

Whale-watching guidelines in Canada state a minimum of 100 metres should be between vessels and orca.

This is the second offence of this nature by Smith, who was convicted of a similar offence in 2011.

SAM SMITH/FOR METRO

Free house available, if you can move it

'Free stuff.'
Homeowners bought property for the land; listed home on Craigslist

KAYLA ISOMURA
vancouver@metronews.ca

A local family is trying a new money-saving tactic by giving away their Tsawwassen house for free to anyone who will take it.

Posted under the "free stuff" category on Craigslist and listed on home relocation sites last week, the house has already generated a lot of interest, says homeowner Suzanne Smith.

Smith, who recently bought the property for the land, not the house, said relocating the "'60s rancher" would save her demolition and construction costs.

The 1,100-square-foot house described as a cottage or cabin, for example, would only cost $50,000 to move locally through relocation company Nickel Bros.

"If you can move it, then why not?" she said, adding that using this method to get rid of the house will also create a smaller waste impact.

Smith said she intends to build a new house on the lot to better suit her family. Renovating or demolishing the current house simply wouldn't be worth the cost.

Nickel Bros. customer service rep Amber Stackhouse agrees.

Most of their clients typically move their houses with them when they move properties. And while house relocating has declined over the past few years, it's making a comeback, she said.

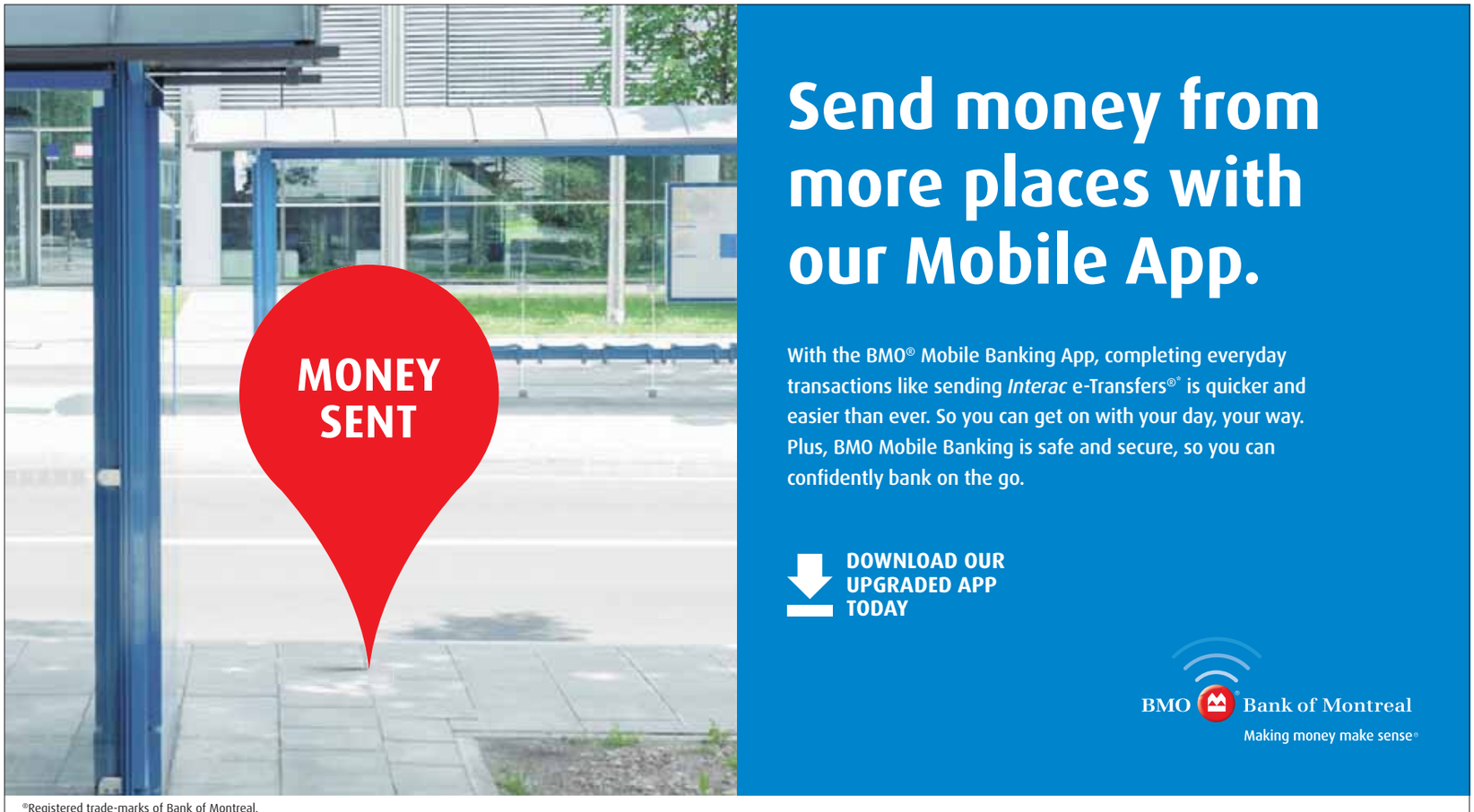
Nickel Bros. has 11 houses listed on their website for relocation in Vancouver.

Smith doesn't acquire the property until April. If the house isn't "sold" by April or May, she would like to see some materials from the house at least salvaged for sale.

Good deal

Nickel Bros., a relocation company, says moving the 1,100 square-foot-house would cost about $50,000.

A Tsawwassen house is being offered free on Craigslist to anyone who can haul it away. CRAIGSLIST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Napping on Vancouver transit? Smile for the camera!

If you snooze on transit, you risk more than missing your stop — your photo could be fodder for social media.

An Instagram user that stealthily snaps photos of people napping on Vancouver transit has attracted nearly 800 followers since they started the account in January.

"Nappers beware," warns the tagline of the cheeky @dreaminontransit account, which has posted a few dozen photos of passengers getting some shuteye to the delight of most people commenting.

Transit police even noticed the account after one Twitter user said the account was a "slippery slope" of public space and privacy.

"Photography in public is normally legal, but we do investigate when it's for a sexual purpose, or security threats. We hope sleeping passengers are aware of their personal space and belongings," Const. Graham Walker tweeted in response Monday.

EMILY JACKSON/METRO

People napping on Vancouver transit, as seen on the @dreaminontransit Instagram account. INSTAGRAM

First-degree charge

Murder trial to start in late March

Matthew Foerster's first-degree murder trial is slated to begin in B.C. Supreme Court in Kelowna.

Foerster is accused of a Halloween night attack on Taylor Van Diest, 18, from north Okanagan.

THE CANADIAN PRESS

Hey science, you bringin' back mammoths, or what?

Clone-asaurus. Free talk will explore divisive scientific questions

SAM SMITH
vancouver@metronews.ca

It's practically the plot to Jurassic Park.

Scientists working with DNA found from the remains of ancient species, then using their genetic code to give "birth" to those extinct creatures using modern science.

It's the kind of idea that is so out there it tiptoes the line on morality, and questions what it could mean for the future of the planet.

"It's been done on the scale of bacteria, and because the technology is there, the question is, could we take the genome of something that's extinct like a woolly mammoth, take that and put it in the egg of an elephant," said Dr. Alan Mooers, biodiversity professor at SFU. "If we could do that and the elephant gave birth, what does it mean for preserving species?"

It's the kind of discussion that divides scientists, Mooers said, but the science is too potentially important to be ignored.

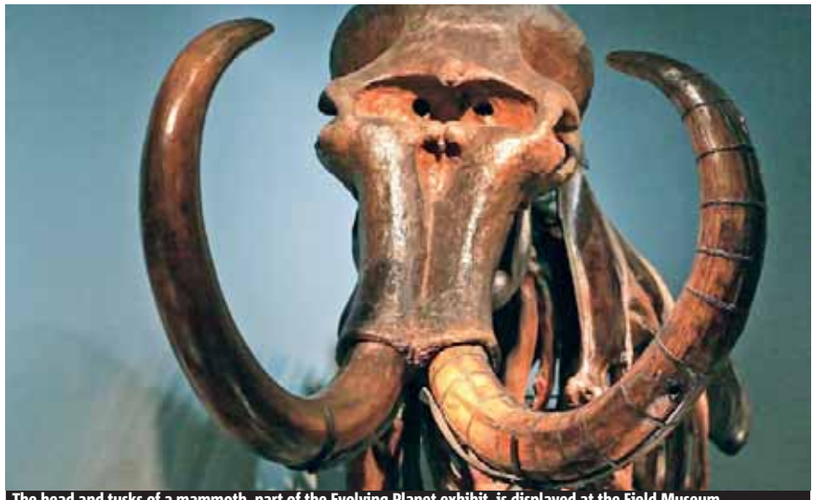
"This is atom-bomb stuff," Mooers said. "It's asking the same questions as (we) did then: Just because you can do something, does that mean you should do something?"

To clarify, Mooers said it wouldn't be an exact carbon-copy of the creature, but a fairly large piece of them genetically.

"It's just a blueprint," Mooers said. "It's not like you're bringing back a species. It's not that. It is, in our fantasy, like we're bringing back something that's extinct. But in reality we're taking the recipe and putting it into something that's alive and the mom's DNA would then mix in and create something with similar characteristics of both those creatures."

This is the main topic of discussion being held at the Deep Time, Global Change and You free public lecture at the SFU Harbour Centre on Thursday, March 6 at 7 p.m.

Leading the talk will be Beth Shapiro, evolutionary biologist, TED presenter and recipient of the McArthur Genius Award.



The head and tusks of a mammoth, part of the Evolving Planet exhibit, is displayed at the Field Museum in Chicago. TIM BOYLE/GETTY IMAGES FILE

Bike share is good for your health: London study

Barclays Cycle Hire in London, England. TWITTER

Easy travel aside, Vancouverites can look forward to health benefits when, if ever, the city finally gets a bike share system.

Physical activity and less exposure to air pollution mean bike share systems are good for your health, according to a study of London's bike share system published in the British Medical Journal in February.

The study is based on a year's worth of data from all 578,607 people registered for the city's bike share system (its bikes are supplied by Bixi, the Montreal-based company chosen to provide the infrastructure for Vancouver's delayed system).

It determined that men and users older than 45 derived more health benefits from cycling trips than women and younger people, according to the study.

It also found that there were fewer injuries and fatalities than expected among bike share users, more than 70 per cent of which were men younger than 45.

The authors believed that is because women and younger users had a higher risk of injury on the roads.

EMILY JACKSON/METRO

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Egyptian cops get 10 years for death sparking uprising

A court sentenced two policemen on Monday to 10 years in prison for the 2010 brutal beating death of a young Egyptian that became a rallying cry for the protesters who overthrew longtime autocrat Hosni Mubarak.

Rights groups, however, said the years-long wait before anyone was held accountable for the killing of 28-year-old small businessman Khaled Said in the port city of Alexandria highlights that the wider problem of police abuse, a major grievance of the 2011 protesters, remains unresolved.

Photographs of the dead Said's face, disfigured by what appeared to be a brutal beating, were posted on the Internet and became a rallying cry against torture and other police brutality under Mubarak. Activists used a Facebook page set up in Said's memory to call for the protests that ultimately forced Mubarak from power in February 2011.

Authorities long denied that Said was killed, with successive forensic reports and official statements claiming he had choked on a packet of drugs he swallowed to hide it from the approaching policemen.

The two low-ranking policemen — Awad Suliman and Mahmoud Salah — had previously been convicted and handed sentences of seven years but that conviction was later overturned and a new trial was ordered.

THE ASSOCIATED PRESS

Policeman Awad Suliman attends court from behind bars during the sentencing hearing of his retrial in the landmark case of the beating to death of 28-year-old Khaled Said, in the port city of Alexandria, Egypt, Monday. HEBA KHAMIS/THE ASSOCIATED PRESS

The verdict

Lawyer Mohammed Zarie said the verdict was only possible after the fall of Mubarak's regime.

- He added that the long-delayed verdict reveals the faults in a system that protects officials.

Pompeii

Wall of ancient shop collapses

A section of wall around an ancient shop in Pompeii is the latest casualty of rain in one of Italy's most popular archaeological sites.

THE ASSOCIATED PRESS

Bible tracts

North Korea deports Australian missionary

North Korea on Monday deported an Australian missionary detained for spreading Christianity in the country, saying he apologized for his anti-state religious acts and requested forgiveness.

Authorities in North Korea had arrested John Short for secretly spreading Bible tracts near a Buddhist temple in Pyongyang on Feb. 16, the birthday of late leader Kim Jong-il. The report said that Short, 75, admitted he committed a crime.

THE ASSOCIATED PRESS

Russian President Vladimir Putin, centre, Defense Minister Sergei Shoigu, left, and the commander of the Western Military District Anatoly Sidorov, right, arrive to watch a military exercise near St. Petersburg on Monday.

MIKHAIL KLIMENTYEV/PRESIDENTIAL PRESS SERVICE/RIA-NOVOSTI/THE ASSOCIATED PRESS

Russia setting agenda in Ukraine

'Dangerous escalation.' U.S. government warned they would hold Russia accountable for threats to Ukraine's navy

Russian troops said to be 16,000 strong tightened their stranglehold on Ukraine's Crimean Peninsula on Monday, openly defying the U.S. and the European Union and rattling world capitals and stock markets.

The West struggled to find a way to get Russia to back down, but with little beyond already threatened diplomatic and economic sanctions, global markets fell sharply over the prospect of violent upheaval in the heart of Europe.

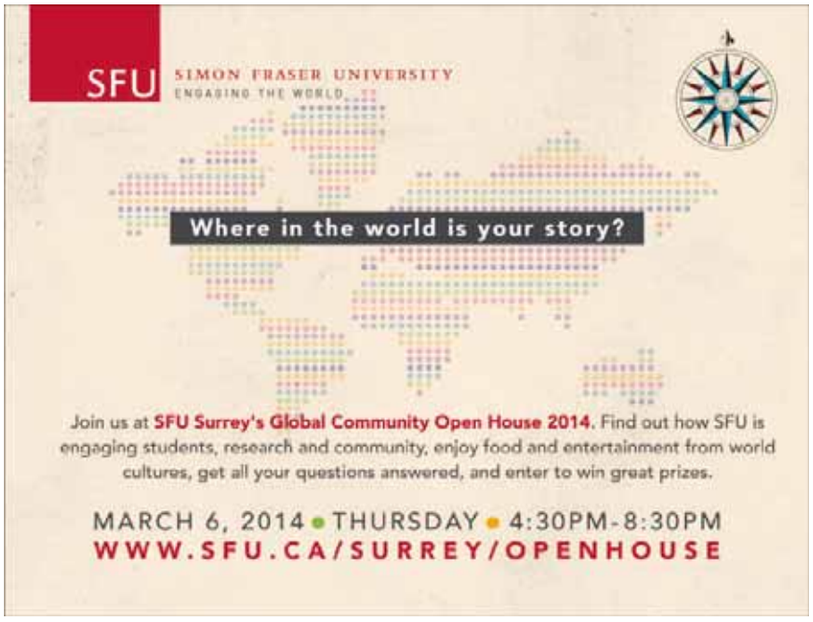
For its part, Moscow reiterated its price for ending the crisis: restoration of a deal reached with the opposition less than two weeks ago to form a national unity government in Kyiv that represents pro-Russian as well as Ukrainian interests, with new elections to be held by December.

Ukraine, meanwhile, accused Russia of piracy for blocking two of the besieged country's warships and ordering them to surrender or be seized.

The U.S. originally estimated that 6,000 Russian troops were dispatched to Crimea, but Ukraine's mission to the United Nations said Monday that 16,000 had been deployed. That stoked fears that the Kremlin might carry out more land grabs in pro-Russian eastern Ukraine.

U.S. Secretary of State John Kerry was headed to Kyiv in an expression of support for Ukraine's sovereignty, and the EU threatened a raft of punitive measures as it called an emergency summit for Thursday. The Pentagon said it was suspending exercises and other activities with the Russian military.

THE ASSOCIATED PRESS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Rapid growth 'compromised' medical pot program: Feds

'Significant unintended consequences.' Growing medical marijuana at home poses fire hazards, threat of crime for users, says government

The growth of the federal medical marijuana program has "seriously compromised" the goal of providing the drug to patients while ensuring public safety, the government says.

The number of people authorized to possess — and often grow — marijuana under the program has risen to 37,000 this year from fewer than 100 in 2001, resulting in "significant unintended consequences."

In a court document defending imminent changes to the program, the government says growing marijuana at home poses hazards including fire, toxic chemicals and home invasion by criminals.

It says the number of licensed users could climb as high as 400,000, adding it is not possible for Health Canada to effectively inspect tens of thousands of production sites across the country.

The government also rejects legal arguments that denying people the right to produce their own pot would violate their Charter of Rights guarantee of "security of the person."

Under the existing program, people are issued licences to cultivate marijuana for personal use to help ease painful symptoms. Beginning April 1, the government plans to allow only select commercial producers to grow marijuana under "secure and sanitary conditions" for distribution to approved patients by mail.

THE CANADIAN PRESS

Lawyer suing Sun News host in $100K defamation suit

Ezra Levant is shown at the University of Ottawa in March 2010. Saskatchewan lawyer Khurrum Awan, who says Levant defamed him in a series of blog posts by labelling him a jihadist and a liar, is seeking $100,000 in damages. PAWEL DWULIT/THE CANADIAN PRESS

'Rape culture'

Legal threats dropped against Ottawa student union leader

A student union leader at the University of Ottawa is no longer facing legal threats after going public about an online Facebook conversation in which she was the subject of sexually graphic banter.

But Anne-Marie Roy said she's had to grapple with backlash from some who suggest she may be magnifying what she has called a clear example of "rape culture."

"I'm not surprised this is the reaction they're having because rape culture has been so normalized that it's very subtle, it's hard to point out because it's something that we see on a regular basis," Roy said on Monday. THE CANADIAN PRESS

Quebec

Police confirm body found was that of former Liberal politician

Quebec provincial police say a woman found dead Saturday in the town of Matane is Nancy Charest, a former Liberal member of the national assembly.

The 54-year-old Charest was found near Highway 195, about 400 kilometres northeast of Quebec City.

Police say their investigation leads them to believe she was not the victim of foul play. A coroner will perform an autopsy to confirm the exact cause of death.

Charest, who was not related to former Liberal premier Jean Charest, was a member of the legislature from 2003 to 2007 before being defeated by a Parti Quebecois candidate.

THE CANADIAN PRESS

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Want to make thousands at home?

Do your research first. Herbalife's posters offer an easy way to make cash, but the company is facing pyramid scheme allegations

JESSICA SMITH CROSS
Metro in Toronto

Have you seen a poster in your neighbourhood offering the chance to work from home?

There's a good chance it's for Herbalife, a behemoth, international, publicly traded multi-level marketing company that's sold weight-loss and health products for more than 30 years.

The flyers don't mention allegations the company is a massive pyramid scheme that could one day collapse or be shut down, putting the fortunes of some of the world's poorest and richest people at stake.

A U.S. senator has called on the Federal Trade Commission to investigate if Herbalife is a pyramid scheme.

The New York Post, citing anonymous sources, reported the Canadian Competition Bureau — Canada's version of the FTC — has launched an investigation of its own, based on Canadians' complaints. The bureau would not confirm an investigation because its investigations are confidential.

There are approximately three million Herbalife distributors in 92 countries across North and South America, Europe, Asia, the Middle East and Africa — more than 13,000 in Canada.

Distributors make money two ways. The first is buying the products from Herbalife at a discount from the suggested retail price and re-selling them at a profit.

The second is payments from the company, which include a percentage of the money spent on Herbalife products by the people they recruit to become Herbalife distributors, and the people they in turn recruit, and so on, who are collectively called their "downline."

The company also issues bonuses and all-expenses paid vacations to certain distributors with high-performing downlines.

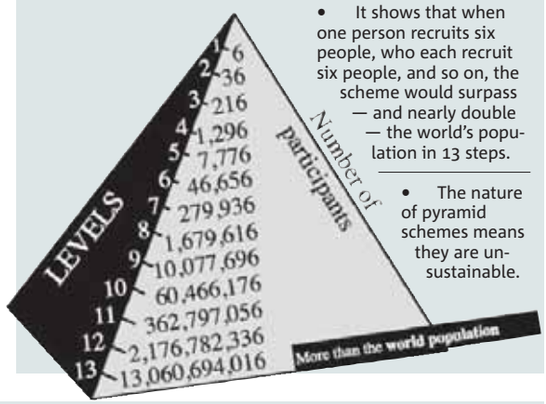
Pyramid schemes, which are illegal in most of the world, including Canada, are a type of fraud that involves participants recruiting more and more participants, where those at the top profit and those at the bottom lose out.

More online

Find out what happened when Metro reporter Jessica Smith Cross went undercover as a prospective Herbalife distributor, at metronews.ca.

Hard to climb a pyramid

This graphic, created by the U.S. Securities and Exchange Commission, illustrates a pyramid scheme.



- It shows that when one person recruits six people, who each recruit six people, and so on, the scheme would surpass — and nearly double — the world's population in 13 steps.
- The nature of pyramid schemes means they are unsustainable.

Hope vs. reality

Reading between Herbalife's lines

If you search for Herbalife online, you can find video testimonials of distributors with their expensive homes and cars.

But do those videos match reality?

To learn how Herbalife works, we called the number from a "WORK FROM HOME" flyer, listened to the pitch and signed up. Here's what we learned about new recruits' high hopes and the reality of Herbalife.

Herbalife hope

• New Herbalife distributors make money by selling the products. They buy product at 75 per cent of its retail price and can make 25 per cent profit.

Herbalife reality

• The profit margin is smaller and depends on where you live and how much product you order at once thanks to taxes and high shipping and handling fees. For example, if a new Toronto-based distributor orders the core products for a customer who pays the retail price of $102.75, the distributor's profit is just $5.95 — a margin of just over five per cent, and doesn't include overhead — such as gas and the cost of putting up flyers or setting up websites to attract customers.

Herbalife hope

• Selling Herbalife products at the suggested retail price is easy.

Herbalife reality

• There are about three million independent Herbalife distributors worldwide and many sell the products on sites such as eBay at significant discounts from the suggested retail price.

Herbalife hope

• Distributors can get a better profit margin — 50 per cent — by becoming a "supervisor" through buying $4,000 worth of product from Herbalife in one month or $2,500 and $2,500 in two consecutive months, and reselling it.

Herbalife reality

• Some Herbalife distributors become a "supervisor" by paying Herbalife $4,000 for a large shipment of product at a discount before they have the customers to sell it to, hoping to turn a greater profit. Former distributors say they've ended up stuck with product they can't sell at a profit, and unload it online.

A screen shot of a Herbalife testimonial from Herbalife Chairman's Club member Doran Andry. In the video, he says: "I step out of the Ferrari, the Bentley, or whatever, and people go — 'what does that guy do for a living?' — and I go, 'I'm a Herbalife independent distributor,' and people are absolutely amazed." YOUTUBE

Herbalife hope

• Herbalife distributors have become wealthy by building up large "downline" organizations.

Herbalife reality

• Only about one per cent of the 13,786 Canadian Herbalife distributors in 2012 made more than $10,000 all year from their "downline" sales organizations. Nine Canadians earned in the hundreds of thousands or millions of dollars.

The vast majority — 96 per cent — of Canadian Herbalife distributors made less than $1,000 from their "downlines."

Herbalife hope

• The people who don't make money just aren't trying hard enough.

Herbalife reality

• Eighty-eight per cent of Canadian distributors collected no payments from Herbalife in 2012. About 17 per cent of the company's total 13,786 Canadian distributors have put in the work to become "sales leaders with a downline" which means they, or someone in their downline, bought a significant amount of product from Herbalife — but three out of four of them made less than $1,000 in compensation in 2012.

Herbalife's response:

"Approximately 70 per cent of Herbalife members join to get a product discount and have no intention of trying to make any money. For the others, Herbalife offers an opportunity to supplement an income or build a business, based on their individual goals and efforts. As part of our commitment to our members, we believe Herbalife sets a new industry standard in terms of its consumer-protection policies, including clear, accurate and timely disclosures to prospective members regarding potential income-generating opportunities; no minimum purchases and low start-up cost; generous refund policies covering the nominally priced start-up kit and resalable product."

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Warren Buffett watches Bill Gates use an oversize paddle as they play doubles against a table tennis prodigy back in 2012. Gates is once again the world's richest person while Buffet came in fourth place. THE ASSOCIATED PRESS FILE

Ball's back in Bill Gates' court

Spinning in his favour. Billionaire philanthropist's net worth estimated at $76B

Microsoft co-founder Bill Gates is back on top of the list of the world's richest people after a four-year hiatus.

Forbes magazine announced its ranking of the world's billionaires Monday.

Gates, who led the list for 15 of the past 20 years, won the spot back from Mexican telecom mogul Carlos Slim Helu, who had topped the list for the past four years. Gates' net worth is estimated at $76 billion US; Slim Helu follows at $72 billion US.

THE ASSOCIATED PRESS

Peter Mansbridge

CBC anchor retorts after report of paid speaking gig

CBC News anchor Peter Mansbridge defended himself Thursday after a report that he made a paid speech to petroleum producers, saying he has never publicly promoted or opposed oilsands development.

THE CANADIAN PRESS

Market Minute

DOLLAR 90.22¢ (-0.08¢)

TSX 14,212.74 (+ 3.15)

OIL $104.92 US (+$2.33)

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PROPER SPELLING IS SEXY

SHE SAYS

Jessica Napier
metronews.ca

I was browsing through a popular online dating site on the weekend when I spotted a rather strange request. In the process of completing an online profile, the site asks each new user to share his or her opinion on the concept of "Soul Matess." Incidentally, I think there's something quite sexy about an individual who takes the time to edit his work.

Today happens to be National Grammar Day, a unique holiday that brings together smug copy editors and other faultfinders to celebrate the rules that govern the English language while snickering at the linguistic ineptitude of the general population. And while I think championing proper grammar should be a year-round initiative, it's nice to have a special day for wordsmiths to unite against erroneous writing. For those of us who are afflicted with the nit-picking gene, the world is an upsetting place full of comma splices, dangling modifiers, apostrophe abuse and misspelled words.

Tim Hortons, arguably one of Canada's most iconic and nationalistic institutions, offers a selection of decidedly unpatriotic donuts. "Donuts" is the simplified American spelling of the word, made popular by the Dunkin' Donuts chain of coffee shops. North of the border, we favour the lengthier and more pompous "doughnut" for those delicious ring-shaped pieces of heaven. In this case, a spelling error isn't simply a casual mistake but a purposeful assault on our Canadian pride.

If I'm starting to sound like an insufferable stickler for proper sentence structure, it's because I am. I understand that language changes over time — hyphens are dropped as compound words are fused together, the serial comma falls in and out of favour and slang words such as "buzzworthy" and "selfie" get promoted to Oxford Dictionaries — but that doesn't mean we should throw etiquette out the window when it comes to the written word.

In her book Eats, Shoots & Leaves, writer Lynne Truss champions the important role grammar plays in clarifying meaning and eliminating ambiguity in writing. She notes that punctuation marks can be thought of as the traffic signals of language.

"They tell the reader to slow down, notice this, take a detour, and stop."

It's easy to dismiss stuffy rules about capitalization and grammar in a world that has been infiltrated by expressive emojis, text-speak abbreviations and 140-character limits. But appropriate punctuation is a necessary courtesy; it helps the reader to understand your message clearly and avoid misinterpretation.

Sometimes a well-placed punctuation mark can even mean the difference between life and death. Consider how a comma creates two very different scenarios in the following sentences:

"Let's eat, Mom!"

"Let's eat Mom!"

In this case, Mom would be very grateful for that simple piece of punctuation.

And if periods and semicolons help us navigate the roadways of language, correct spelling ensures that we are driving a car and not riding an elephant.

So the next time you visit your local Tim Hortons, I would ask that you bring along a copy of The Canadian Press Stylebook, highlight the portion that reads "doughnuts (never donuts)," and ask the manager to adjust the menu signage accordingly.

ZOOM

A foxy way to predict weather

JUAN KARITA/THE ASSOCIATED PRESS

Folk science used to optimize harvests

Farmer and traditional meteorologist Francisco Condori measures rain water with a flow meter in Cutusuma, on Lake Titicaca's southern shore in Bolivia. For centuries, farmers in the fragile ecosystems of the high Andes have looked to the behaviour of plants and animals to figure out what crops to grow and when. If reeds dried up in the late summer, rainless weather lay ahead, they believed. If the Andean fox made a howling appearance, abundant rains were thought sure to come.

THE ASSOCIATED PRESS

Birds' nests foretell rain

1.3 feet

This year, birds known as quilli quilli, a diminutive species similar to hummingbirds, built their nests about 40 centimetres (1.3 feet) above the water level. Then they dismantled them twice, finally reweaving their nests at nearly twice their original height, which farmers have used as indicators of how much the lake will rise.

Climate change challenge

"We knew it was going to rain a lot."

Francisco Condori
Traditional meteorologist in Bolivia

And so it did, so much so that rivers in the Amazon basin have flooded their banks, submerging thousands of homes. But reading those signs has become more difficult as climate change alters everything from animal behaviour to the weather.

Clickbait

DYLAN ROBERTSON
Metro Online

ISTOCK IMAGES

Not the best at romance? Keeping up is hard to do. These apps can help you stay on good terms with your sweetie. Yes, these are real apps.

BroApp:
This app will schedule texts to your significant other based on time and your location. For example, "Thinking of you at work" during the lunch hour when you're in the office. ($1.99, iOS)

Romantic Ideas:
This app helps the uncreative come up with date ideas or surprises. Examples include surprise road trips, photo collages and bedroom shenanigans. (free, iOS and Android)

BreakupText or Clean Break Up Texts:
If you have to split, these apps will help you compose a text based on how serious your relationship was, and the reasons you want to break up. (BreakupText: $1.99, iOS; Clean Break Up Texts: free, Android)

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@YouAreMother: a union

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SCENE 2

DVD review

12 Years A Slave

Director. Steve McQueen

Stars. Chiwetel Ejiofor, Michael K. Williams, Lupita Nyong'o

Steve McQueen's superb drama, the newly crowned best picture Oscar winner, doesn't spare the stick, lash or noose in its all-too-faithful recreation of U.S. slave history. Yet it also finds humanity in one man's determination to free himself and return to his family. There is hope amidst the horror. The man is Solomon Northup, played with grace, intelligence and strength by Chiwetel Ejiofor (Children of Men). The Oscar-winning screenplay by John Ridley (Red Tails) draws from Northup's bestselling 1853 memoirs of the same name.

Northup is a 19th-century freeborn African-American, a genteel family man living in progressive New York state, who is duped, drugged and abducted by slave traders from the intolerant south. They range from the kindly (Benedict Cumberbatch) to the mercenary (Paul Giamatti) to the downright maniacal (Paul Dano and Michael Fassbender). Fassbender's Edwin Epps, a Louisiana plantation owner, comes on like a malevolent hurricane, citing holy scripture as justification for his misdeeds. These include illicit sex with a proud young slave woman Patsey (Oscar winner Lupita Nyong'o), whose very presence enrages Epps's wife, Mary (Sarah Paulson). **PETER HOWELL**

Need For Speed opens next Friday. CONTRIBUTED

From meth to speed: Aaron Paul shifts gears

Need For Speed.
Breaking Bad star gets behind the wheel in fast-paced action flick

COLIN MCNEIL
colin.mcneil@metronews.ca

Jesse Pinkman is about to go fast, bitch.

Fresh off the success of Breaking Bad, actor Aaron Paul's latest vehicle is Need for Speed — a high octane action film loosely based on the most successful racing video game franchise of all time.

Alongside Imogen Poots, Paul stars as all-American tough guy Tobey Marshall, a street racer framed for a crime he didn't commit, and ready for revenge in a cross-country race.

The movie features a laundry list of million-dollar play toys on wheels most of us could only dream of: Lamborghinis, Ferraris, McLarens, Porsches, and Bugattis, to name a few.

Paul's character pilots an iconic muscle classic with some 21st century power under the hood — a custom Ford Mustang.

But in real life?

"My first car was an '82 Toyota Corolla," says Paul. "It was a manual, the second gear didn't work, I had to skip from the first to the third, any time it would rain the trunk would fill up with water.

"I took such good car of that car though, I loved it so much."

I hate to Break it to 'Bad fans, but Tobey Marshall hasn't got much in common with beloved meth-rat Jesse Pinkman, except maybe that bad boy image. "He's got a leather jacket so he's definitely an anti-hero," laughs Paul. "So did Sandy, from Grease," adds co-star Poots. "I'm just saying."

Going from the intensely character-driven drama of Breaking Bad to a nitro-powered action flick was "like a night and day difference," says Paul. He credits the film's stuntmen with making his character look badass while he sits back and watches.

"What's hilarious is that they're actually very, very gentle guys," says Poots of the film's stunt performers.

"They're kind of tough on the outside but on the inside they're all kind of…"

"Softies," says Paul.

"Yup," agrees Poots.

But despite the help of badass stunt people, Paul still had to go through an intense driving course to prepare for some of the more hands-on scenes in Need for Speed. "I learned how to do reverse 180s, drifting around corners, a full 360 while driving and then driving out of it, or drifting to the side and stopping on a mark," he says.

While Paul became an amateur stunt driver in his own right, Poots isn't quite as confident behind the wheel. "I'm not really a car person at all really," she admits. "I have a push-bike, and I'm lacking in a driver's license pretty much all the time."

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

30 Seconds 'til I figure this situation out

MELINDA TAUB
Metro World News in New York

Are Jared Leto and Lupita Nyong'o dating or what? The two best supporting Oscar winners are rumoured to be supporting each other, if you know what I mean. Though I'm not sure that I do know. The stunning 12 Years a Slave actress weakly denied the gossip on Ellen last week.

"You know it's crazy 'cause when I read these rumours, they're so detailed that even I start to question whether they're true or not," Nyong'o said. "I know I've believed them in the past and now I guess I can't believe anything."

Her rumored paramour, on the other hand, who won a best supporting actor trophy Sunday night for his role as a transgender AIDS victim in Dallas Buyers Club, announced last night to E!'s Ryan Seacrest that yes, he's dating a best supporting actress nominee — 84-year-old June Squibb.

"Let's put the rumours to rest," he joked with Nebraska star Squibb. "We are indeed dating and it's great."

He added, "I've been having fun. I hope she is, too."

Cute, but Leto should know that I am basically taking all this jokey denial as confirmation that he and Nyong'o really are together. If they're not, they should be. They should at least make their Oscar statues kiss.

So which model made a million for one meal?

Claudia Schiffer

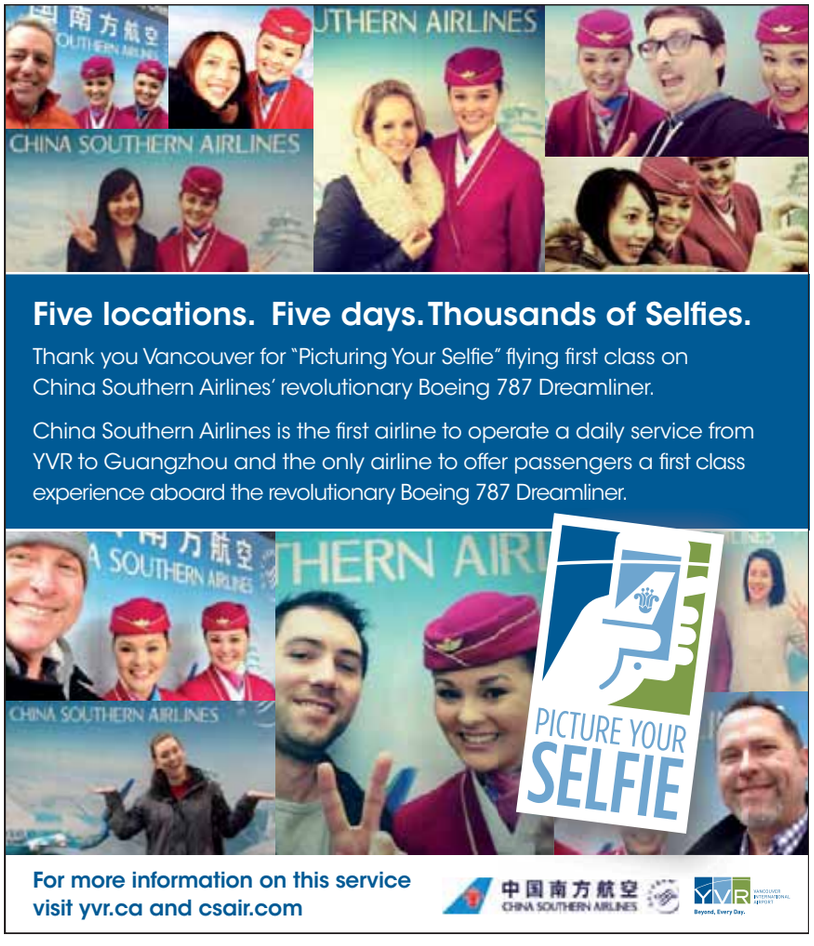
Claudia Schiffer cannot be bought, apparently. The supermodel was once offered $1 million by an Arabian prince to join him for a dinner and serve as his "eye candy," she reveals in an interview with Jonathan Ross for his talk show. "It's not all about money," she says. "I just want to be able to walk down the street and be proud of what I do." She also says that another supermodel took the prince up on his offer when she refused, though she won't say who it was.

Leonardo DiCaprio ALL PHOTOS GETTY IMAGES

And the defendant is...: Leo leaves the Oscars with a lawsuit in tow

As if going home from the Oscars empty-handed weren't bad enough, now Leonardo DiCaprio is being sued — along with the other producers of last year's Out of the Furnace — for defamation by members of the Ramapo Mountain, N.J., community, who claim they were painted in an unfair light by the film, according to TMZ.

"Out of the Furnace characterizes the Ramapo Mountain people in an extremely negative manner," the suit alleges. "The Plaintiffs are not the worst people, do not live in trailer homes, are not involved in an underground bare-knuckle fight ring and do not live in a self-contained world of drugs and violence." The film, starring Christian Bale, Woody Harrelson and Casey Affleck, was produced by DiCaprio's company, Appian Way.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LIFE 3

Because I'm happy...

Stop thinking of happiness as a good feeling. Instead of asking, "Do I feel happy?" ask, "Am I doing something meaningful, purposeful, aligned with my values?" suggests Russ Harris, author of The Illustrated Happiness Trap. ISTOCK

Q&A. While Pharrell's song is making people want to dance in the streets, a new book explains why happiness doesn't always mean good feelings

LASSE EMIL KRISTIANSEN
Metro News in New York City

Happiness is not always about feeling good, says physician and therapist Russ Harris.

He's the author of The Illustrated Happiness Trap, which has illustrations by Bev Aisbett. We talked to Harris about the enigma of that magical "H" word. His attitude on what it means to be truly happy might surprise you.

Can you try to describe what happiness is?
Unfortunately, most people think of happiness as a feeling or emotion. They believe that happiness equates to feeling good. But this common idea of happiness creates a trap for us; it sets us up to struggle with reality. Because the things that make life rich, full and meaningful — such as building intimate relationships, raising a family, developing a meaningful career, etc. — do not just give us good feelings; they also give us all plenty of painful feelings, such as anxiety, frustration, fear of failure, disappointment, anger, sadness and so on. I would encourage people to redefine happiness as "living a rich, full and meaningful life, in which we feel the full range of human emotions, both pleasant and painful."

How is this book different from all the other books about happiness?
Well for a start, there's nothing in about "positive thinking" or "positive affirmations" or "challenging negative thoughts." It's based on a scientifically proven model called acceptance and commitment therapy (ACT), which uses cutting-edge psychological methods, especially a mental process known as mindfulness, which enables you to handle difficult thoughts and feelings more effectively, so they have much less impact and influence over you.

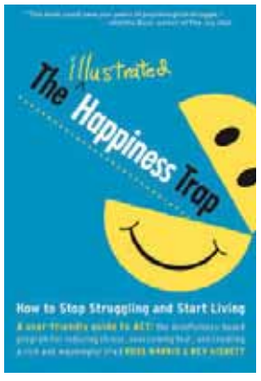
Is it normal to have self-doubt on the road to happiness?
Self-doubt is normal and natural, and almost everyone has it to some extent; unfortunately most people don't openly admit to it. If you are stepping out of your comfort zone into a challenging situation with an uncertain outcome, of course you will have self-doubt. How could you possibly not? ACT teaches you how to deal with this through developing mindfulness. In a mental state of mindfulness you can let all those anxious thoughts and feelings flow through you, without getting caught up in them or swept away by them.

For your phone

Adrian Peterson Driven (iPad, $1.99)

MIND THE APP
Kris Abel
@RealKrisAbel
life@metronews.ca

While Minnesota Vikings star Adrian Peterson doesn't workout alongside you in this four-week training course, he does use video effectively to demonstrate exercises for building up speed and strength.



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ARM YOURSELF WITH COLD, FLU WEAPONS

DON'T LET NATURE'S GERMS DEFEAT YOU

Cold and flu viruses are some of the most widespread and adaptable pathogens nature can throw at us. It's impossible to avoid them completely, but you can arm your household with the tools you need to succeed in nature's "germ warfare."

• Sanitize hot spots: Cold and flu viruses are more frequently transmitted from non-porous surfaces, such as plastic, finished wood, and metal. Once a day, use an anti-bacterial wipe to disinfect the frequently touched hard surfaces around your home, including faucet handles, doorknobs, phones, countertops, keyboards, and remote controls.

• Keep hands clean: Because hand-to-hand and hand-to-surface contact are two of the most common ways to spread viruses, frequent hand washing is essential. Also consider getting bottles of hand sanitizer for places far from sinks, such as the car, garage, basement, and high-contact places away from home, like work or the gym.

• Separate the rations: Avoid serving foods communally. Pour snacks into individual containers rather than letting everyone reach into the bag.

• Issue tissues: Sneezing spreads germs quickly. Give your family members tissues to carry with them, and stash boxes or travel packs in key places, like the kitchen, bathrooms, bedrooms, glove boxes, backpacks, and purses. For extra care, check out Puffs Plus® with the Scent of Vicks® non-medicated facial tissue.

• Be faster about first aid: Cold and flu viruses and germs usually enter the body through the nose, mouth, or eyes, but cuts or abrasions also can be an entryway. Treat them with antiseptic, and apply a fresh bandage quickly.

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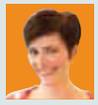
Health Solutions

I see your protein and raise you three scallops



NUTRI-BITES
Theresa Albert
DHN, RNCP
myfriendinfood.com

Scallops are one of the fastest weeknight seafoods you can imagine.

They are available frozen year-round. If you buy them on sale and stock up, you can find quite a bargain for your omega-3 buck.

Unlike other frozen seafood, the protein in scallops seems to suffer less damage, netting a nicer texture when thawed then cooked.

Scallops rank around the middle of fishes in omega-3 content but low on the cholesterol, calorie and fat scale, making them excellent health food.

The only trick in cooking them is to pat dry, use a hot pan and don't cook for more than 5 minutes.

Letting them rest before serving helps the scallop to cook through all the way but a little translucence in the centre helps make sure that they aren't like eating erasers.

Three toonie-sized scallops are about 100 calories and yet 18 grams of protein (about one third of a day's requirement).

They also serve up about one-third of your omega-3 needs for the day and a healthy, balanced dose of magnesium, potassium and phosphorus.

THERESA ALBERT IS A FOOD COMMUNICATIONS SPECIALIST AND PRIVATE NUTRITIONIST IN TORONTO. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM

From N.C., with love

THERESA ALBERT
myfriendinfood.com

You know you're in for a treat when seafood is the speciality at a restaurant. That's the exact case at the historic Carolina Inn in Chapel Hill, N.C.

The walls are lined with historic photos and clippings of important goings on in the south. The dining room is rife with Southern comfort foods, including this recipe for Seared Scallops with Butternut Squash Bacon Ragout, which I adapted from Chef James Clark.

This recipe serves six. COURTESY THERESA ALBERT

Ingredients

- 1 butternut squash (about 4-5 cups cubed)
- 2 strips bacon
- 12 large scallops
- Salt and pepper to taste
- 1 tbsp butter
- 2 shallots, minced
- 2 cloves garlic, minced
- 3 tbsp white wine
- 1/2 bunch chives

1. Peel and chop squash into 1 inch cubes (or use prepared/frozen squash cubes to speed up the dish).

2. In a small pot cover the butternut squash with cold water and place on the stove on high heat and bring to a simmer. Allow to simmer 5-15 minutes until just fork tender but with bit of strain and cool.

3. Dice bacon into small cubes and cook in a large sauté pan slowly until crisp. Remove from the heat and drain and reserve the bacon pieces and the drippings separately.

4. Heat the same sauté pan, pat scallops dry with paper towel and season with the salt and pepper, add butter to the pan and place scallops to sear. Once the edges become nice and brown (about 2 mins) turn over and cook 1 min. Then remove and set on paper towels to side in a warm area.

5. In the same pan add back the bacon, shallots and garlic and sauté for a min, then add the squash and the white wine then chives.

6. Place scallops atop a bed of squash. THERESA ALBERT IS A FOOD COMMUNICATIONS SPECIALIST AND TORONTO PERSONAL NUTRITIONIST. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM

No party needed for this type of cocktail

1. Fill a large (6- to 8-quart) stockpot halfway with water, then add 2 tablespoons of salt. Bring to a boil. Add the lemons, then return the water to a boil. Add the shrimp, turn off the heat and cover the pot. Leave the shrimp in the water for 2 to 4 minutes, or until cooked through, pink and curled. The larger the shrimp, the longer they will take to cook.

2. Use a slotted spoon to transfer the shrimp to a large bowl. Add enough cold water to cover the shrimp, then stir to cool them. When the shrimp are cool, peel and devein them, then pat them dry and transfer to a platter or plate. Refrigerate until ready to serve.

This Shrimp Cocktail with Bloody Mary Sauce recipe serves four. MATTHEW MEAD/THE ASSOCIATED PRESS

3. To make the sauce, in a medium non-reactive bowl, mix together the ketchup, chili sauce, lemon juice and zest, lime juice, horseradish, pureed chipotle, vodka, Worcestershire and garlic salt. Taste and adjust seasonings.

4. Sprinkle celery salt around the rim of a serving dish. Transfer the cocktail sauce to a serving bowl and place in the centre of the serving dish. Arrange the chilled shrimp around the edges.

THE ASSOCIATED PRESS

Ingredients

- Kosher salt
- 2 lemons, quartered
- 2 lbs jumbo shell-on raw shrimp, thawed if frozen

For the sauce:

- 1/2 cup ketchup
- 1/2 cup chili sauce
- Zest and juice of 1 small lemon
- Juice of 1/2 small lime
- 1 heaping tbsp white horseradish
- 1 tsp pureed chipotle peppers in adobo
- 2 tbsp (1 oz) vodka
- 1 tbsp Worcestershire sauce
- Pinch garlic salt
- Celery salt, for serving

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A new learning management system app called Canvas provides support for both Simon Fraser University students and instructors. CONTRIBUTED

App is a hit for Simon Fraser staff, students

DANIEL HENDRIKSEN
For Metro

A new free mobile application is taking Simon Fraser University by storm. The app, available for both iOS and Android, gives users access to SFU's learning management system (LMS) called Canvas.

The LMS, which was created by Utah-based software developer Instructure, provides support for both SFU students and instructors.

Student Christine Tulloch uses Canvas and explained in a press release the many benefits of the platform.

"The user-friendly way that Canvas is structured invites students to spend more time on the site, explore on it, and really get to know the different tools," Tulloch said. "I am the first one to admit that I am not someone who is technologically savvy. But I felt comfortable and confident using Canvas and looking into the different tools it integrates."

Approximately 24,000 of SFU's 34,000 students are using Canvas, but it's not just students benefiting from it — many instructors are finding it very helpful as well.

"I have used Canvas not merely to deliver content, but, more ambitiously, to establish a digital space where students provide course resources for their classmates," said SFU school of communication associate professor Martin Laba. "They debate current events and controversies related to their courses. Through Canvas they can contribute to their content and direction."

To learn more, visit sfu.ca/canvas.

Anti-bullying flash mob organized by KPU student

Students from four Surrey schools organized a massive anti-bullying flash mob in support of anti-bulling day Feb. 26.

The event was organized by Kwantlen Polytechnic University (KPU) marketing student Sean Bindra, and featured approximately 640 elementary and high school students taking part.

"Bullying is prevalent everywhere, in every aspect of our lives, and it needs to be eradicated," Bindra said in a press release.

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The future of journalism

DANIEL HENDRIKSEN
For Metro

Langara College journalism students are learning a cool new way to gather news. Those enrolled in the spring semester, which started in January, are being taught how to use a remote-controlled, camera-bearing "quadcopter" drone to assist them in their news gathering.

The drone is designed to fly over and around news sites, obtaining both camera footage and still shots.

There are 12 students enrolled in the program's daily newspaper writing and reporting class. They are being taught by instructor Ethan Baron, a journalist, photojournalist, and former Vancouver Province columnist who has experience in both Afghanistan and Africa using both armed and surveillance drones.

"Media outlets around the world have just begun using drones to gather news, and these aircraft will play a crucial role in news coverage in the future," Baron said in a media release. "This drone training at Langara will put our students at journalism's cutting edge, and boost their employability in a highly competitive job market."

The drone Langara College journalism students are using is called the Phantom 2 Vision. CONTRIBUTED

Divided into three teams of four, each student has a job. There is the drone pilot, a drone camera operator, a ground camera operator, and a producer/spotter whose responsibility is to identify flight hazards and arrange access to news scenes.

The drone the students are using is called the Phantom 2 Vision. The 1.5-kilogram aircraft costs $1,300 and was donated to Langara by the U.S. marketing department for Chinese manufacturer DJI Innovations. It features flexible propellers, a GPS and a feature that returns it to the pilot should the controller malfunction or the aircraft exceed its 500-metre range.

For more information on Langara's journalism program, visit langara.bc.ca.

Donation creates endowment at KPU

A new endowment has been created at Kwantlen Polytechnic University (KPU). The Ed Schellenberg Memorial Endowed Scholarship has been made possible by a $20,000 donation raised during five memorial golf tournaments.

The endowment will see a $1,000 annual scholarship awarded to a student in KPU's appliance servicing program.

Schellenberg was an innocent victim of the infamous "Surrey Six" murders. He was fatally shot at a Surrey high-rise Oct. 19, 2007, while servicing a fireplace. Schellenberg was passionate about giving to others, which will be one of the criteria required for his endowed scholarship.

According to Steve Brown, Schellenberg's brother-in-law, Schellenberg was an exceptional gas fitter who generated hundreds of repeat customers and referrals.

"Ed was a kind, quiet, humble and hard-working man," Brown said in a press release.

The memorial golf tournaments that raised funds for the endowment were organized by realtor Brian White and Kevin Ford of Coast Gas Fireplace Repair, a company that worked closely with Schellenberg and Brown.

Langara College students are using a remote-controlled, camera-bearing "quadcopter" drone to assist them in their news gathering. CONTRIBUTED

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Simon Fraser University Centre for Sustainable Community Development senior associate Joanna Ashworth, right, with SFU students Chris Puzio and Brenda Racanelli. CONTRIBUTED

Anniversary. CSCD has evolved over 25 years

DANIEL HENDRIKSEN
For Metro

Simon Fraser University (SFU) students and staff are gearing up for the 25th anniversary of the school's Centre for Sustainable Community Development (CSCD).

Since its inception, the CSCD's goal has been to teach and encourage sustainable community development. The 25th birthday celebration is called Step Right Up! and will be held March 13.

"It's a unique opportunity to take stock of our contributions to the study and practice of sustainable community development," CSCD senior associate Joanna Ashworth said in a press release.

"We're also celebrating a quarter-century of successes in terms of alumni leadership, faculty research, collaboration with professional advisors and social enterprise innovation."

In its 25 years, the CSDC has evolved and, according to Ashworth, during that time sustainable community development has moved from being an idea and practice on the margins of society to being recognized as one of the most important knowledge and skill sets of our time.

The event will take place at the Wise Hall at 1882 Adanac St. in Vancouver. There will be free food, music, prizes, and a cash bar.

Doors open at 6:30 p.m.

Michael Audain has been a longtime supporter of visual arts and culture at UBC. CONTRIBUTED

UBC announces 2014 honorary degree recipients

The University of British Columbia (UBC) has announced its nine honorary degree recipients for its spring graduation ceremonies.

The nine recipients will be recognized for their substantial contributions to society at the provincial, national or international levels during the congregation ceremonies May 21-28.

Those receiving honorary degrees this year are:

Michael Audain — A longtime supporter of visual arts and culture. He created the B.C. Civil Liberties Association and the Audain Foundation for the Visual Arts in B.C.

Dempsey Bob — A world renowned carver, and Tahltan-Tlingit artist. Bob has forged links between First Nations, Aboriginal and Maori artists and leaders.

James Clifford — An American historian who helped shape the field of the history of anthropology.

Bonnie Klein — A documentary filmmaker, author and human rights activist. Despite suffering two strokes, Klein has become an advocate for the disability rights movement.

Raymond Lee — Co-founder of Lee & Man Paper Manufacturing Ltd., a company that invests in exploring sustainable business practices and adopting production methods that use less water and coal.

Djavad Mowafaghian – Creator of the Djavad Mowafaghian Foundation, which has the mandate to better the lives of children through health and education.

Janet Rossant — Recognized for her groundbreaking work in understanding the role of genes in embryo development.

Lisa Sennerby-Forsse — A forestry scientist who has held positions and roles at universities, non-profit organizations, and research institutions in Sweden and the European union.

Marvin Storrow — Well-known for his work in the area of Aboriginal law. He has helped lay groundwork for historic changes to Aboriginal rights in Canada. Storrow graduated from UBC's faculty of law in 1962.

JIBC furthers partnership

A new partnership between the Justice Institute of British Columbia (JIBC) and Mercyhurst University (Erie, Pa.) will afford JIBC grads the opportunity to further their studies at the American institution.

The two schools have signed an agreement that will permit graduates from JIBC's graduate certificate in intelligence analysis, or graduate certificate in tactical criminal analysis to continue their education at Mercyhurst and complete a master of science in applied intelligence.

This is not the first time the two schools have collaborated. The institutions created a curriculum recently that shared alliance in order to mount the graduate certificates in intelligence analysis and tactical criminal analysis at JIBC.

"Mercyhurst is highly respected for training the next generation of intelligence analysts, JIBC president Dr. Michel Tarko said in a press release. "This agreement deepens the relationship between Mercyhurst and JIBC and reflects our ongoing commitment to providing expanded opportunities for students and professionals to further their education and obtain a graduate degree."

The first of the JIBC grads who will be taking advantage of the new agreement is intelligence analysis graduate certificate program grad Jennifer Johnstone. Johnstone is an analyst with the RCMP and president of the International Association of Law Enforcement Intelligence Analysts (IALEIA).

"There are many benefits of taking the JIBC graduate certificate," Johnstone said. "First, the courses are often taught by Canadians with the focus on Canadian law and culture. Second, the JIBC agreement with Mercyhurst offers a smooth transition into their full master's program."

DANIEL HENDRIKSEN

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Proper planning is the key when trying to turn a small business idea into a reality. MONKEY BUSINESS IMAGES/SHUTTERSTOCK

Small business. A plan is critical

YLVA VAN BUUREN
For Metro

Starting your own business is never as easy as it seems and the better prepared you are going in, the better chance of success you have, says Lee Helkie, a Toronto financial adviser with Advocis, The Financial Advisors Association of Canada.

We often see someone who wants to start a business because they have a great idea or a passion for something and that is important, Helkie said. "But make sure there's a viable business there that can make money."

Proper planning — financial, operational, marketing, and managerial — is the key to turning the idea into a reality, according to the Canadian Bankers Association (CBA). A business plan is critical.

Here are tips to get you started:

- Keep your emotions in check. Whatever this is, you have to make money. "It's a business — treat it that way," Helkie said.
- Speak to someone in the business so you understand profitability factors and day-to-day logistics (for example, if you want to open a bake shop, bakers have to get up at 3 a.m.)
- Be clear about capital and cash flow needs. "You don't have to plan to every penny … but you need to have a guide."
- The best financing scenario is that you use your own money, Helkie said. "There's also lots of financing support including government grants for small business ... you just have to be wily about seeking it out." Visit the following link from the Canadian Business Network for more (canadabusiness.ca/eng/program/search/).

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Ask the right questions when shopping for a mortgage. For example, know what to ask beyond the interest rate, term and amortization. LDPROD/SHUTTERSTOCK

Borrow these tips for securing a loan

JANE DOUCET
For Metro

When Stephanie Holmes-Winton's clients tell her they want to get a bank loan, the first question she asks is what they plan to do with the money.

"It's important to determine whether it's in the client's best financial interest to borrow," said Holmes-Winton, the CEO of The Money Finder, a Dartmouth, N.S.-based financial services training company.

"If their plan is important enough to put a loan in place then we explore the options."

Holmes-Winton offers these borrowing-savvy tips:

Ask the right questions. When shopping for a mortgage, for example, know what to ask beyond the interest rate, term and amortization. Inquire how much you will owe when it comes up for renewal, if you can put extra payments on it if you want to pay it off faster and if there is a penalty for doing so, and whether there is a penalty for paying off the mortgage before the end of the term.

Use a line of credit wisely. Home improvements can boost resale value, but only if you don't borrow more than you think you will get back from the reno. "Don't treat a home equity line of credit like a credit card," Holmes-Winton said. "And ask if it shows up on your credit score because it could skew the score." Find out the interest rate and check to see if there are penalties for paying it off early.

Look beyond monthly payments. To buy a new car, you can get a loan through a bank or the dealership. When hammering out financing with the dealer, don't get suckered by a low sticker price. "We get sold on low monthly payments, but they can be stretched out to eight years," Holmes-Winton said. At that point, you would still be paying the loan while your wheels might need major repairs. Ask about monthly cost add-ons such as life insurance and extended warranty.

NHL

Wild push winning streak to 5 games

Jared Spurgeon's power-play goal in the third period helped the Minnesota Wild notch their season-high fifth straight win, 3-2 over the Calgary Flames on Monday night.

Kyle Brodziak and Zach Parise also scored, while rookie Darcy Kuemper stopped 21 shots during his 15th start in a row, and the Wild raised their record at home to 22-7-2.

Mike Cammalleri and Mark Giordano scored for Calgary. THE ASSOCIATED PRESS

MLB

Mariners storm back against Reds

A split squad of Seattle Mariners rallied from a four-run deficit to defeat the Cincinnati Reds 6-5 on Monday.

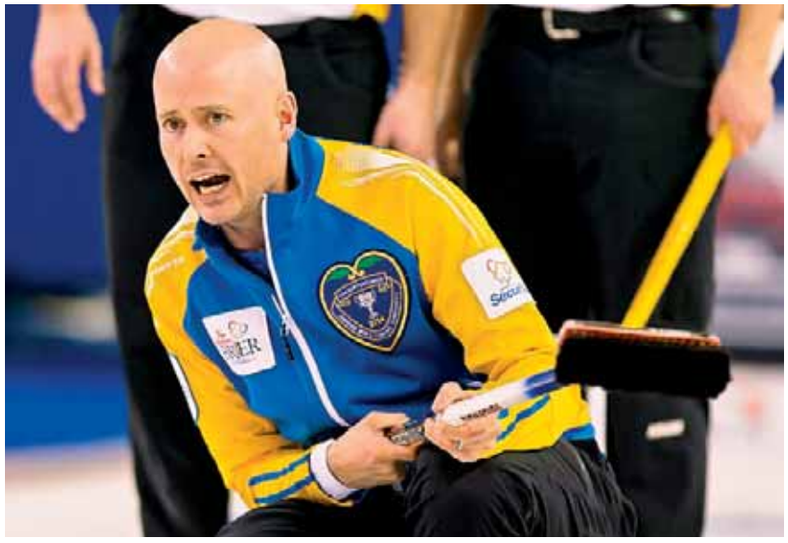
Brad Miller hit a solo homer in the sixth off Cincinnati's Chad Rogers. Chris Taylor had a grand slam in the seventh off Rogers, a minor leaguer.
THE ASSOCIATED PRESS

Soccer

Pardew facing ban for head-butt

Newcastle manager Alan Pardew is facing a long stadium ban after being charged Monday by the English Football Association with improper conduct for head-butting opposing player David Meyler of Hull during Saturday's match.

Pardrew has until Thursday to respond to the charge.
THE ASSOCIATED PRESS



Three-way tangle atop the Brier standings

Alberta skip Kevin Koe calls a shot in a match against Manitoba at the Brier in Kamloops, B.C., on Monday night. Koe stole four in the eighth end and won 10-4 to hand Manitoba's Jeff Stoughton his first loss of the bonspiel. The two teams, along with British Columbia's John Morris, share the lead with a 4-1 record heading into today's action.
ANDREW VAUGHAN/THE CANADIAN PRESS

The masked man strikes for 61 points

NBA. James lights up Bobcats for his best scoring night yet

Best player. Best game of his career.

LeBron James clearly isn't ready to concede his MVP award to anyone yet.

Dazzling from inside and out, James put on the best scoring show of his NBA life on Monday night, pouring in 61 points — a career high and a franchise record — as the Miami Heat beat the Charlotte Bobcats 124-107. It was the eighth straight win for the two-time defending champions, who are starting to roll as the playoffs near.

LeBron James THE ASSOCIATED PRESS

James made 22 of 33 shots from the field, including his first eight three-point attempts, on the way to his historic night.

"The man above has given me some unbelievable abilities to play the game of basketball," James said. "I just try to take advantage of it every night. I got the trust of my teammates and my coaching staff to go in there and let it go."

His career best had been 56 points, on March 20, 2005, for Cleveland against Toronto. Glen Rice scored 56 to set the Heat record on April 15, 1995, against Orlando.

James had 24 points at halftime, then added 25 in the third quarter.
THE ASSOCIATED PRESS

Around the league

Nets 96, Bulls 80. Jason Collins played the final minutes of a winning home debut with Brooklyn. The league's first openly gay player checked in to a standing ovation with 2:41 remaining.

Grizzlies 110, Wizards 104. Tayshaun Prince scored a season-high 21 points, and Memphis snapped Washington's winning streak at six.

Pistons 96, Knicks 85. Andre Drummond had 17 points and a career-high 26 rebounds for Detroit.

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Athletes overcoming the post-Sochi blues

Olympics. Taking a time-out appears to be best form of medicine

Members of Canada's Team 3 react after a crash during the four-man bobsled heats at the Sochi Olympics on Feb. 22. JULIAN FINNEY/GETTY IMAGES

Heading into the Olympics, every single day of an athlete's life is structured.

Then — medal or no medal — that comes to an instant end once they step off the ice or get to the bottom of the hill of their Olympic event.

That makes the weeks and months right after a Games a challenging time for many athletes left with uncertain futures and free time on their hands.

"There's always talk about this post-Olympic lull or depression," said bobsledder Cody Sorensen of Ottawa, who just competed in the Sochi 2014 Games. "For me, it's been the opposite."

He hasn't seen the inside of a gym since the Olympics and his eating and sleeping habits are way off, too.

"It's so liberating," said the 27-year-old from Ottawa.

"I haven't gotten more than four or five hours of sleep a night in the last week but I'm not stressing about it," he said.

Olympic ice dance and team event silver medallists Tessa Virtue and Scott Moir have also been enjoying a break since the Games.

"That was a pretty good training session," Moir said Monday, after a 20-minute skate at the Harbourfront Centre with elementary school kids in an RBC skate program.

"You get a bit addicted to being in shape and already it feels a bit weird," Moir said. "In the next week we'll be getting back."

The London, Ont., duo are skipping this month's world championships in Japan, in part to be able to celebrate their silver medals.

"We don't want to miss the opportunities to be part of that bigger Olympic spectrum that goes on past Feb. 22 and into March and April," said Moir.

TORSTAR NEWS SERVICE

The thrill is gone

"You work four years for one event and then it's suddenly over."

Alpine snowboarder Caroline Calvé, describing the feeling of letdown in the days following the Olympics.

World Cup

Time to heed lessons of Brazil burden

CATHAL KELLY
Special to Metro

On Saturday, the roof of the World Cup stadium in Belo Horizonte came apart in a storm and fell onto the pitch. Three hours later, they played a game there anyway.

The drainage system malfunctioned. The contest took place in splash-pool conditions.

Four other stadiums are not yet completed. Two of them aren't due for delivery until April.

Much of the infrastructure has been abandoned. Driving is impossible. There is no viable rail system. Flights are hard to find, and the prices usurious.

The potential for violence is another real concern.

Tuesday marks 100 days until the start of the 2014 World Cup in Brazil. Here's the really frustrating thing — it will all come off somehow.

Success is a function of TV. The proof is in the difference between my up-close impressions of Sochi and those of friends who watched it on TV. I found the place shabby and depressing. They thought it looked great. Success!

Brazil 2014 won't work well. But it will look good on TV.

It's obvious many average Brazilians have no desire to pay for the world's party.

At some point, this crooked system will collapse under its own weight. It's only been supported this long based on "fairness." Why should the First World get to host all the best parties?

Because we can afford it. Because we don't invade our neighbours. Because we don't strip our own citizens of basic necessities in order to decorate. Because we don't treat our workforce like a slave army.

Most importantly, because we put some stock in being good, rather than just looking good. **GO TO METRONEWS.CA/VOICES FOR MORE FROM CATHAL KELLY.**

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Metro Vancouver is seeking an experienced sales professional to achieve regional targets for print & online and other performance metrics by developing new business.

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- Manage and grow an assigned retail sales territory
- Design advertising programs to reflect the clients' objectives
- New Business Development
- Creatively negotiate rates
- Sell a portfolio of Metro branded products

REQUIREMENTS OF THE POSITION:
- Post secondary education in a related field
- 3 years experience in sales/media sales
- Proficient in Microsoft Office applications
- Creative, efficient, flexible & detail oriented
- Strong verbal and written communication skills
- Proven track record in profitable selling

Interested individuals who possess the skills described above are requested to submit their resume and cover letter via email to hr@metronews.ca no later than March 14, 2013. PLEASE QUOTE: "Sales Representative – Vancouver" in the subject line. All submissions will be treated as confidential.

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Horoscopes

♈ Aries
March 21 - April 20
Not everyone shares your principles and beliefs, so don't take it as a personal affront if others disagree with you today – which they will. Everyone is entitled to their own opinions.

♉ Taurus
April 21 - May 21
You may be tempted to give up on something that just won't go the way you want it to go. Don't. Later this week something will happen that makes you realize that your slow progress is just a blip.

♊ Gemini
May 22 - June 21
The planets warn that if you come on too strong today someone you work with will be so intimidated that in future they will try to keep a distance between you, which is not what you want at all.

♋ Cancer
June 22 - July 23
You have made up your mind about an issue and the more others try to change your mind the more determined you are to follow your own interpretation. Just make sure it's the correct interpretation.

♌ Leo
July 24 - Aug. 23
Someone whose personality is as strong as your own will refuse to follow your lead today and you won't be too happy about it. But what can you do? Let them do their own thing.

♍ Virgo
Aug. 24 - Sept. 23
Try not to waste time and energy on people who are clearly not worth the effort. Certain individuals will always be ungrateful no matter what you do – it's in their nature – so identify them and avoid them, as much as you can.

♎ Libra
Sept. 24 - Oct. 23
Anyone who disagrees with your right to dictate terms will be out in the cold very quickly. Usually you are happy-go-lucky but today the happiest and luckiest people will be those who don't cross you!

♏ Scorpio
Oct. 24 - Nov. 22
Try to avoid petty arguments. Yes, it may look to others as if you are taking the easy way out but the fact is you cannot be bothered to waste time irrelevant issues.

♐ Sagittarius
Nov. 23 - Dec. 21
The situation you have to deal with today is of a kind you would prefer to avoid, but you will find it provides the kind of challenges that require brain power to resolve – and that's the kind you enjoy.

♑ Capricorn
Dec. 22 - Jan. 20
You may lose your temper with a work colleague over the next 24 hours. But don't get so angry that you risk bursting a blood vessel. Why put your health at risk over someone else's stupidity?

♒ Aquarius
Jan. 21 - Feb. 19
You will be a hero to some and a villain to others today – there will be no in between. Whatever you say that causes a fuss don't let anyone tell you that you should keep quiet.

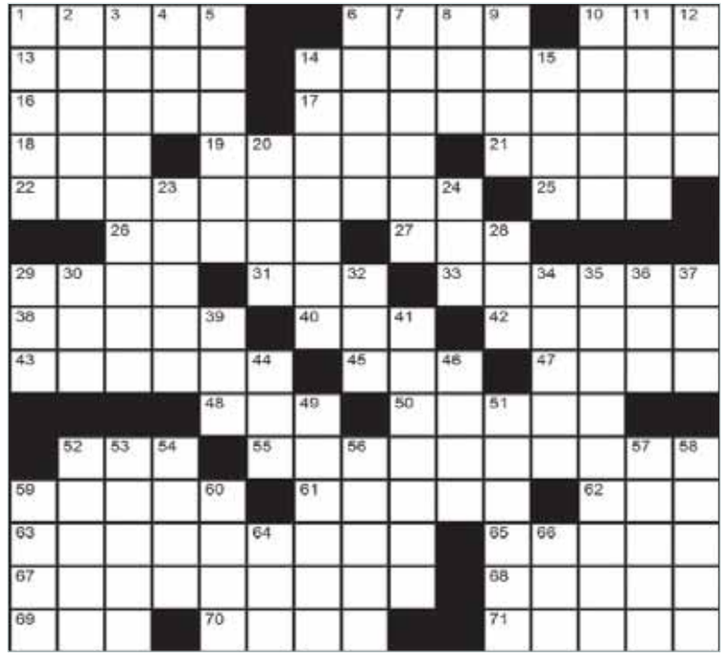
♓ Pisces
Feb. 20 - March 20
The Sun in your sign boosts your confidence and makes you believe that all things are possible – but others, it seems, still need convincing. You can, if you try, win people round to your point of view.

SALLY BROMPTON

Crossword: Canada Across and Down

See today's answers at metronews.ca/answers.

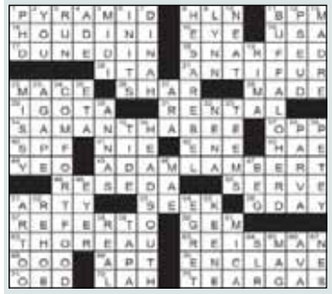
BY KELLY ANN BUCHANAN



Across
1. Desert transport
6. Historic Canadian Louis
10. "Swamp Pawn" channel
13. "Star Trek" role
14. New Orleans carnival: 2 wds.
16. Cow's 'first stomach'
17. Nightclub service: 2 wds.
18. Furniture wood
19. Launch
21. Friends, olden-days style
22. Legendary singer/songwriter/pianist: 2 wds.
25. Joe __ (Canadian who is the Creative Director of ELLE Magazine)
26. New Zealand people
27. Meas. from a circle's centre
29. Old Testament son
31. PM or Pres., e.g.
33. Pro dancer Mr. Chmerkovskiy
38. Like green-covered stones
40. Conclusion
42. Hawk type
43. Maintenance
45. Meet
47. Microsoft's search engine
48. ABBA song
50. Will, fancy-style
52. HBC part
55. 1987 Sci-Fi movie spoof
59. Ontario: The Cochrane Polar Bear Habitat's bear whose name means 'Snowflake' in Inuktitut
61. Showbiz kid Ms. Willis
62. Mr. Wallace
63. Constellation; or, Gene Roddenberry created TV series
65. Pointed arch
67. April Wine song: 2 wds.
68. Canadian musician Mr. Zappacosta
69. Rapper, __ Rida
70. Auction actions
71. Bible-sounding verb

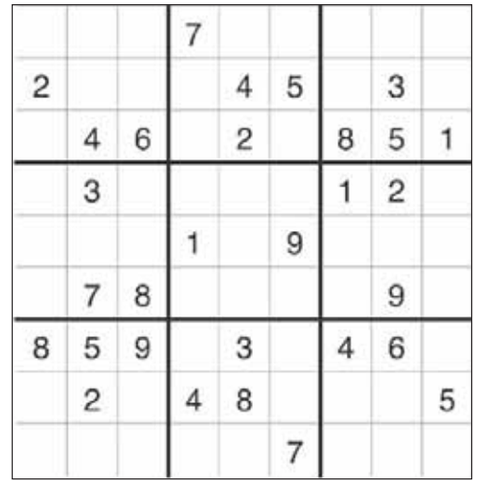
Down
1. Doctor
2. Song from 1961 Elvis movie "Blue Hawaii": "Rock-__-__ Baby"
3. Treasure of ancient Egypt: 2 wds.
4. Bard's 'before'
5. Welcome cry from a ship's crowsnest!: 2 wds.
6. French painter Mr. Dufy (b.1877 - d.1953)
7. More angry
8. Summer hrs. indicator
9. Defeat
10. Greek island
11. Papier-__
12. Frowning-upon sound effects
14. Country music's Martina
15. Robert __, PEI Premier
20. Peer
23. Reason
24. "Cheers" bartender
28. Lightly apply
29. Three-lettered bird
30. Drench
32. Medical pros
34. Samuel Taylor Coleridge poem, __ Khan
35. Bowl of apples painting, for instance: 2 wds.
36. Canadian broadcaster Marci
37. "I'm a __: half man, half dog. I'm my own best friend." — John Candy in #55-Across
39. Not no
41. Vintage Sony CD-player
44. Neg. opposite
46. Yoredom's 'you'
49. Banquet
51. Overseas
52. Commonplace
53. "Then...?": 2 wds.
54. Portable dwelling of Mongolia
56. Luxury cars
57. Mr. Strauss' pants
58. Sugary
59. Sailing spar sort
60. Hoda __ (NBC daytime chat personality)
64. Ath.'s injury scan
66. __ Worm (Toy)

Yesterday's Crossword



Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.



Yesterday's Sudoku

9	3	6	5	4	7	8	2	1
1	7	5	3	8	2	9	4	6
2	4	8	1	9	6	5	7	3
4	8	7	6	3	1	2	5	9
5	6	1	2	7	9	3	8	4
3	9	2	4	5	8	1	6	7
6	1	4	9	2	5	7	3	8
8	5	3	7	1	4	6	9	2
7	2	9	8	6	3	4	1	5

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Lougheed Mall
Metropolis at Metrotown
3855 Henning Dr.
4501 North Rd.
4711 Kingsway

Coquitlam
Coquitlam Centre
Westwood Mall
1071 Austin Ave.

Delta
Scottsdale Centre
1517 56th St.
4841 Delta St.
4912 62nd St.

Langley
Willowbrook Mall
8700 200th St.
19638 Fraser Hwy.
20159 88th Ave.
20202 66th Ave.

Maple Ridge
Haney Place Mall
22661 Lougheed Hwy.

Mission
Junction Shopping Centre
32670 Lougheed Hwy.

New Westminster
Royal City Centre

North Vancouver
Capilano Mall
Lynn Valley Centre
1295 Marine Dr.
1801 Lonsdale Ave.

Pitt Meadows
19800 Lougheed Hwy.

Port Coquitlam
2020 Oxford Connector

Richmond
Lansdowne Mall
Richmond Centre
11686 Steveston Hwy.

Surrey
Central City Mall
Cloverdale Crossing Shopping Centre
Grandview Corners
Guildford Town Centre
Semiahmoo Shopping Centre
3189 King George Blvd.
7380 King George Blvd.
13734 104th Ave.

Vancouver
Oakridge Centre
Pacific Centre
Terasen Centre
220 East 1st Ave.
551 Robson St.
808 Davie St.
991 Denman St.
1095 West Pender St.
1855 Burrard St.
2338 Cambie St.
2372 West 4th Ave.
2706 Granville St.
2748 Rupert St.
2749 Main St.
3121 West Broadway

West Vancouver
Park Royal North
Park Royal South

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